

## What Men Need to Know About Therapy?

Do you sometimes feel overwhelmed in this changing, fast paced world? Do you worry about relationships or career, feel anxious or depressed?

You are not alone! As we continue to have increasing and constant demands placed on us, we must learn how to adjust and navigate these changes. Men's therapy provides a place where men are encouraged to explore their feelings and their lives. The following are some of the major issues you could be dealing with and how you can find help: **Self-Esteem/Confidence, Separation/Divorce, Career/Workplace, Relationships, Depression, Anxiety and Body Image.**

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### Self-Esteem/Confidence

How you feel about yourself and how you view yourself are influenced by your self-esteem and confidence or lack of confidence. Low self-esteem and low confidence hamper success in career and relationships. Low self esteem and confidence may begin very early in life and results in you not living up to your full potential. Therapy increases your self-esteem and confidence, and therefore, increases your chances of success in your endeavors, whether personal or professional.

### Separation/Divorce

I consider divorce to be one of the most traumatic events of an adult man's life! He experiences tremendous loss: wife, children, house, money, self-esteem, respect. He is filled with a multitude of emotions and he must have a safe place to let them out and learn from them, so he doesn't make the same mistakes again! The men feel better in all of these areas, as we work together in therapy – it's simply a matter of learning.

### Career/Workplace

Many men feel stuck, indecisive or unhappy and dissatisfied with their job or career. Sometimes, we call this a "mid-life crisis". This can occur at any age and more than once in a lifetime. The question is usually "What am I going to do for the rest of my life?" Believe it or not, this can be a very exciting time for a man. This is a great area for therapy because it is a time when you may be ready to expand your existing career or to make a change -- major or minor. Therapy in this area can be very creative for a man and does not require buying a red convertible sports car or having an affair!

### Relationships

Many men come to therapy based on a problem in a relationship, whether it is personal or professional. Invariably, a relationship problem includes anxiety, depression, confidence, sexual issues and loneliness. Talking with someone about these feelings can help you better understand yourself and help you face a relationship issue head on - and resolve it!

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## Depression

Depression is a low feeling that occurs at any age. Some men do not even realize that they are depressed. Some signs of depression are: fatigue, sleeping too much, loss of appetite, lowered sex drive, sadness. Depression is usually the result of holding in negative thoughts or feelings, such as anger. Depression is a common reaction to a loss of any kind, whether it is through a death, separation, divorce or loss of job. Treatment of depression can be accomplished without drugs.

## Anxiety

Feelings of anxiety are very similar to feelings of fear. The question is, what is scaring you, what are you afraid of, what might happen? Some anxiety is normal in new situations. Too much anxiety blocks achievement, success, and confidence. Anxiety feelings are not difficult to treat, but the positive results of treatment are very rewarding.

## Body Image

Many men (and women) are unhappy or dissatisfied with their whole body or parts of their body. This may be the result of early childhood experiences or may be the actuality of what is taking place now, e.g., weight, looks, penis size, balding, musculature. Issues with body image have an effect on most areas of your life, including relationships, career, confidence and self-esteem. Therapy can lead to major changes and productivity in all areas of life.

## Dr. Alvin Baraff

Dr. Alvin Baraff is the founder and director of MenCenter, a highly confidential, professional consulting organization for men and women where you can explore and learn about your emotional, mental, and physical self. Nearly all physical and mental ailments have a psychological component signaling a lack of balance in one's life. MenCenter helps individuals explore these feelings and encourages men to be more open and active in enriching their lives.

Dr. Baraff is an experienced psychotherapist, knowledgeable speaker, and author of *MEN TALK: How Men Really Feel About Women, Sex, Relationships and Themselves*.

For more information or to schedule a consultation with Dr. Alvin Baraff, contact:

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